



Instruction Manual for Foam Latex Prosthetics

In addition to the prosthetic you have purchased, there are a few additional materials you will need:

- Adhesive with matching remover
 - Pros-Aide (recommended)
 - Spirit Gum
 - Medical Adhesive
 - Liquid Latex
- Rubber Mask Grease (recommended) OR crème makeup and castor oil
- No-color loose powder
- Powder puff
- Makeup sponges or brushes
- Black stipple sponge
- Q-Tips
- Latex eyelash adhesive
- Rubbing alcohol

Applying the prosthetic

1. Begin by cleaning your skin with rubbing alcohol or an astringent such as Witch Hazel.
2. Hold the prosthetic against your skin to test the fit. This is called *registration*. You may have to trim the edges if it overlaps your hairline, etc. Don't remove *too* much of that tissue thin edge, you need it thin to blend it into the skin. (FYI – Any time you can *tear* off loose edges, they will be much easier to blend into your skin than if you cut them with a pair of scissors)
3. When you are happy with the location of the prosthetic, use the powder puff to apply a heavy coat of loose powder on top of the prosthetic and onto your skin.
4. Remove the prosthetic from your skin. You should now have an outline of the prosthetic in powder on your face. This will help you glue it back into the right place and is called *registration*.

5. Apply the adhesive to your skin, starting in the centermost point. For full faces, this is the nose area. For smaller pieces, use your judgment.
6. Apply the prosthetic into the glue on your skin, following the registration.
7. Once the center is secured in place, glue the rest of the prosthetic on one section at a time. For example, do the entire chin, then the forehead, etc. If you need to, stretch and move the prosthetic around to make it fit where it needs to. Glue almost all the way to the powder line on your face, but leave about 1/4 inch of skin unglued at the edge.
8. Once most of the prosthetic is glued on, go back and glue down the edges. Be careful not to let the tissue-thin edges fold under! If this happens, use a bit of rubbing alcohol on a makeup brush to dissolve the glue and get the edge back out again.
9. Now that the entire prosthetic is glued in place you will want to blend the edges into the skin. The best way to do this is to dab on a few THIN layers of latex eyelash adhesive or liquid latex over the edges (this dabbing motion is called *stippling* by makeup artists). Let each layer dry completely before putting on the next, using a hairdryer to speed things up if you need to. Be careful not to get any of the latex into your hair or clothes.
10. After a few layers of latex have been built up, powder the entire edge. This will remove any stickiness and make it easier to see if there are any edges that still need more blending.
11. Once the prosthetic is blended, apply a thin coat of latex over the entire prosthetic to seal the foam latex. This will keep the oils from the makeup from soaking into the rubber and changing color. Once the latex is dry, powder the entire thing and you're ready for makeup!

Painting the prosthetic

HELPFUL TIP: Always put on less makeup than you think you'll need. You can easily add more, but removing makeup when you have too much (especially when you're doing fine details) is a lot harder.

1. To color foam latex you need to use Rubber Mask Grease (RMG), which is a crème makeup with a castor oil base. You can make your own by using theatrical crème makeup and ether mix in a few drops of castor oil, or stipple a small amount of castor oil onto the prosthetic before applying the makeup. Other options are PAX (Pros-Aide adhesive mixed with acrylic paint) or airbrush makeup.

Whatever you use, start with a base coat in the skin color you want your creature to have. Apply a thin layer of makeup to the entire face, both prosthetic and skin. You can use either a makeup sponge or a brush (or even your fingers), whichever you feel the most comfortable with. Make sure you get it into all of the nooks and crannies of the prosthetic. If you need to you can thin RMG down using 99% alcohol, but you'll want to be careful around your eyes. RMG is very greasy and can stain clothing, so be sure to set

it really well with a heavy application of powder pressed firmly into the makeup using a powder puff. Brush off any excess powder with a powder brush.

2. Next play with highlight and shadow. Highlights should be a shade or two lighter than the skin color, shadows a shade or two darker. Look at any areas that light naturally casts highlights or shadows and emphasize them.
3. A neat way to add texture, freckles, stubble and a lot of other things is to use a black stipple sponge. You can get these at most costume shops, or cut a square of fish tank filter sponge. It works just as well. Dab the sponge into the makeup to get a small amount, then lightly the makeup onto your face. You can play with different colors to get all sorts of great texture effects.
4. When the makeup is finished, powder it one last time. You don't want to do all that work and then have your makeup smear because you didn't set it! If there is excess powder that won't brush away, you can remove it by "wet stippling." Just use a makeup sponge and stipple on a little water. It will remove the powder, but won't hurt the makeup. You can also wet stipple with KY Jelly, but it will be shiny for a while (this can be a neat effect too!)
5. Once you've finished your makeup, you can use costumes, wigs, teeth or contact lenses to complete your character.

Removing the prosthetic

1. Get a small cup or shot glass and fill it with the appropriate remover for the adhesive you are using. Use a soft brush soaked with the remover to gently lift and edge of the prosthetic, then slowly peel the prosthetic off of your face as you work the remover with the brush. Go slowly, don't pull the prosthetic off without first dissolving the adhesive or you can hurt your skin. If you've used liquid latex as an adhesive, then you can just peel the prosthetic off without any remover.
2. If you're planning to reuse the prosthetic, lay it flat and let the adhesive remover evaporate. The foam latex might be swollen with remover, most of this swelling will go away once the prosthetic is dry. You might need to powder the inside of the prosthetic after it's dry if there is still any stickiness left from the glue.
3. Make sure you remove all of the glue and makeup from your skin. You can use baby wipes or cold cream to remove the last of the makeup and leave your skin fresh, clean and healthy.

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Foam Latex Prosthetics FAQ

My foam latex prosthetic has an odd smell. What can I do about it?

- Foam latex naturally has the faint smell of sulfur due to the curing compound used in its manufacture. This smell is harmless. However, if it bothers you the prosthetic can be gently washed with dish soap and warm water to reduce or eliminate it. Be sure to lay the prosthetic out flat and let it completely dry before applying it.

Is there any allergy danger when using in this product?

- Some people have a natural allergy to latex products or the adhesives used. To test, apply a small amount of each product on your forearm or the inside of your elbow for a few hours. If there is no reaction, you can safely apply the prosthetic.

How many times can I use my Instant Monsters foam latex prosthetic?

- In film and television, a foam latex prosthetic is typically used once and thrown away at the end of the day. This is because removing it damages the tissue thin edges, making it harder to blend the prosthetic into the skin a second time. If perfect edges aren't an issue, you can reuse the prosthetic as many as three or four times before it starts to break down. There are a few things you can do to extend the life of your prosthetic:
 - Be as careful as possible when you remove the prosthetic to preserve the edges
 - Apply the prosthetic with liquid latex, which peels off and doesn't need any removers that can damage the edges
 - If you're wearing a hood that hides the edges, just don't glue them down!